

**United States House of Representatives
Committee on Appropriations
Project Request Summary**

Subcommittee, Agency and Account Information

Subcommittee

Agriculture

Agency

Other

Account

Other

Project Information

Project Name

Real Men Nutrition and Wellness Program

New Project?

Yes

Where is this authorized?

Project Description

To promote the routine consumption of fruits and vegetables as a part of the daily diet, and distribute nutrition education materials, including healthy recipes. Real Men Cook Nutrition and Wellness programs aid individuals known to be at risk of malnutrition due to low income and poor health conditions. The Nutrition & Wellness Pavilions also bring attention to food deserts, how do we begin to address these issues, including community gardens and farmers markets.

What is the benefit or impact of this project?

Nutrition Advocacy

- Improve knowledge of the importance of good nutrition to foster healthy families and communities
- Educate families and individuals on the American Dietary Guidelines and FDA to increase their knowledge and skills in food selection, food preparation, and food safety/storage for improved general health
- Reduce risk factors associated with poor health and chronic diseases by encouraging food choices, and physical and community activities that promote health and prevent disease
- Improve shopping behavior and management of household food dollars to ensure nutritious foods are available for families and individuals

FY2009

\$0

FY2008

\$0

FY2007

\$0

Request Amount

\$350,000

Intended Recipient of Funds

Real Men Charities, Inc.
7425 South Michigan Avenue
Chicago, IL 60619

Is the recipient a for-profit entity?

No

Explanation of the request (must include purpose and why it is a valuable use of taxpayer funds)

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